

Youth Sport & CMPC Certification



The Association for Applied Sport Psychology (AASP) shares your mission to improve the health, wellness and performance of young athletes. AASP specifically seeks to ensure every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health.

Youth Sport Pain Points

Youth sport organizations identify several pain points for mental performance, including:

Lack of Mental Skills Training

Many youth sport organizations focus primarily on physical training and neglect mental skills training. This can lead to athletes who are physically talented but struggle with anxiety, focus, and confidence.

Burnout

Overtraining, over-scheduling, and a lack of balance between sports and other activities can lead to burnout in young athletes. Burnout can lead to physical and mental fatigue, decreased motivation, and decreased performance.

Social Comparison

Youth athletes may compare themselves to their peers, leading to feelings of inadequacy and decreased confidence. This can negatively impact mental performance, as athletes may focus on their perceived shortcomings rather than their strengths.

Pressure to Perform

Youth athletes may feel pressure from parents, coaches, and peers to perform at a high level. This pressure can lead to anxiety and stress, which can negatively impact mental performance.

Negative Coaching

Coaches who use negative feedback, punishment, and criticism can have a detrimental effect on the mental performance of youth athletes. Negative coaching can lead to low self-esteem, anxiety, and a lack of confidence.

Injuries

Injuries can be a significant pain point for youth athletes, as they may feel frustrated and demotivated by the need to take time off from their sport. Injuries can also lead to anxiety and stress, which can negatively impact mental performance.



Given these factors, it is essential for youth sport organizations to recognize the importance of mental performance and prioritize the development of mental skills in their athletes.

How Can a CMPC Alleviate the Challenges That Youth Sport Organizations Face?

If you're involved in a youth sports organization, you know that young athletes face numerous challenges, both on and off the field. These challenges can include performance anxiety, burnout, negative attitudes towards competition, and mental health issues. Fortunately, there's a solution: a Certified Mental Performance Consultant® (CMPC).

By working with a CMPC, young athletes can learn techniques to manage stress and pressure, develop mental toughness, and handle setbacks and failures. This can help them perform better, enjoy their sport more, and develop skills that can translate to other areas of their lives. Additionally, a CMPC can work with coaches and young athletes to develop healthy attitudes towards competition, teamwork, and sportsmanship, which can lead to a more positive team culture. Coaches can be trained in the most effective communication skills to increase motivation, learning, health and performance. In addition, how to best create a practice environment that promotes both health and performance.



The benefits of the CMPC certification don't stop there. By providing access to qualified mental performance consultants, youth sports organizations can help athletes develop coping skills, resilience, and a positive mindset, which can be particularly important for those who may face other stressors in their lives.

Investing in the mental performance of young athletes can improve their overall performance and success.

If you're looking to attract and retain talented young athletes, investing in the mental performance of your team is a smart choice. By providing access to qualified CMPCs, you can help your athletes reach their full potential and give them an edge in their sport. So why not make mental performance a priority today?

Contact a Certified Mental Performance Consultant® (CMPC) to learn more about how they can help your athletes thrive. You can search for a CMPC in your area here <https://appliedsportpsych.org/cmhc-directory/>



Why Choose a CMPC?

Choosing a Certified Mental Performance Consultant® (CMPC) can provide a number of important advantages for your youth sports organization.



Here are some reasons why you might want to consider a CMPC:

- 1 Expertise:** CMPCs have completed rigorous educational and training requirements, as well as a certification exam, to demonstrate their expertise in mental performance consulting. This means they have the knowledge, skills, and competencies needed to provide effective support to young athletes.
- 2 Improved Performance:** By working with a CMPC, young athletes can learn techniques to manage stress and pressure, develop mental toughness, and handle setbacks and failures. This can help them perform better and improve their overall success in their sport.
- 3 Accreditation:** The CMPC certification is the only nationally accredited certification for mental performance professionals in the United States and Canada. This means that the certification is recognized for its high standards and ethical practices, giving you confidence that you are working with a qualified professional.
- 4 Positive Team Culture:** A CMPC can work with coaches and young athletes to develop healthy attitudes towards competition, teamwork, and sportsmanship, which can lead to a more positive team culture and contribute to the overall success of the team.
- 5 Best Practices:** CMPCs engage in continuing education to stay current on best practices and techniques. This means they are equipped to provide the most up-to-date and effective strategies to help young athletes perform at their best.

In short, a CMPC provides a level of expertise and accreditation that can give you confidence in the quality of services you are receiving, while also offering best practices and strategies to help young athletes perform at their best. By choosing a CMPC, you can give your young athletes the edge they need to thrive on and off the field.

